

Happiness, Health and Wellbeing

Pupil Edition 21 – Summer 2025



With the summer holidays just around the corner, it's a great time to look back and celebrate all that's been achieved this term. From exciting lessons to inspiring trips, special visitors and new experiences, it's been a term full of discovery and joy. We hope you've had fun, made lasting memories and felt proud of all that you've accomplished. Your energy, effort and enthusiasm have made this term truly special, and we want to say a big thank you for everything you've contributed.

As we enter the final days of term, take time to enjoy the celebrations, spend time with friends and reflect on your successes. We can't wait to see you again after the summer break—rested, recharged and ready for more learning, laughter and new adventures.

Summer Is Here!

This year has been filled with laughter, learning and unforgettable moments – take a look at just a few of our favourite memories...



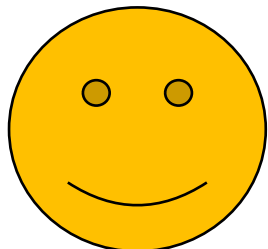
From singing on the stage at Wembley Arena to wild rides at Chessington, breaking world records and meeting sporting champions – what an amazing way to make memories!



Nursery
best bits!



"I love the PE because
it's so fun. We get to
practise our running."
Idris, RCL



"I love learning
maths. We learn
lots of maths
and it makes us
smart."
Katarina, RCL



Reception memories

Magic Moments in Ducklings!





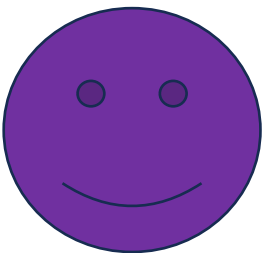
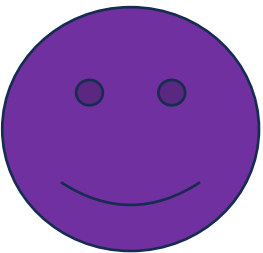
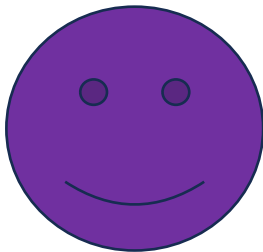
World Environment Day 🌟🌍



**Year 1's
greatest
times!**



"I like having visitors at our school like Ted the scientist, Mike Mullen the BMX man and the Eco warrior!" Delia, 10G



Year 2's favourite moments





Year 3's golden moments!



"I am proud of myself for making changes to improve my work each day. I feel I have shown resilience the most this year." Ephraim 3GC

"I am proud of myself for getting to write with a handwriting pen." Brianna 3GC

"I am most proud of the fact that I got the chance to perform at the Inspire Festival." Emmanuel 3GC



"I'm proud of my school because lots of people show respect and we all need to show respect." Denisa, 4TW



Year 4's cherished moments



"I'm proud of myself because I got the chance to perform at Voice in A Million on Wembley Arena stage!" Mariam, 5KB

"I'm proud of myself because I am good at PE, especially football!" Ana, 5KB

"I'm proud of myself for reading a poem at the Annual Awards Ceremony." Grace, 5KB

Year 5's fun times!



Year 6's unforgettable days!



"I'm proud of me and my brother, we danced together at the Annual Awards Ceremony." Joseph, 6EL



"I'm really thankful that this year I got the opportunity to learn. I've improved in maths a lot!" Favour, 6NB



Diversity Corner

Kindness Around the World 🌍



Kindness is something everyone understands, but different cultures show it in unique ways!



Japan – People bow to show respect. It's a polite way to say hello, thank you, or sorry.



Middle East – Sharing food is a big way to show kindness. Guests are often given the best food first!



India – Touching the feet of elders is a way to show respect and love.

☀️ **Kindness Challenge:** Let's spread smiles at home and in our community this summer! Try to complete as many as you can:

🏠 Home & Family

- ✓ Help set the table without being asked
- ✓ Give a compliment to everyone in your family
- ✓ Make a thank-you card for someone at home
 - ✓ Play kindly with a sibling or pet
 - ✓ Say "please" and "thank you" all day



Kindness is powerful—no matter where you're from! 😊



Healthy Schools

Going for Gold!

Last year, we proudly earned our Silver Healthy Schools Award – and now we're aiming even higher! We've been working hard all year towards achieving the Gold Award, which we hope to receive in September.

To help us on our journey, we've launched a brand-new team of *Healthy Schools Ambassadors*! They have been working closely with our Healthy Schools teachers to help make our school an even healthier place.

There's lots to look forward to – including a special workshop with parents and a fun new way to tackle food waste. Watch this space!

Market Project



Children in Years 5 and 6 have been fully involved in the Young Marketeers project and have developed a real appreciation for growing their own produce. They've learned how to care for plants and understand their full life cycle – from seed to harvest! On 4th July, they took their home-grown flowers and vegetables to Barking Market and put their fantastic marketing skills to the test. They did an amazing job selling to the public and raised a brilliant £40!

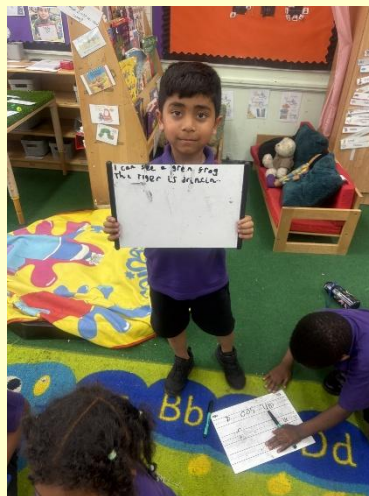
Some of the money will be donated to the charity *Plan Zeroes*, and the rest will help fund the project for next year. Well done, marketeers – we're so proud of your hard work and teamwork!

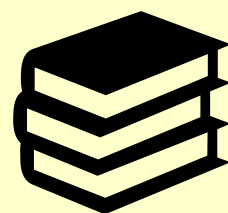
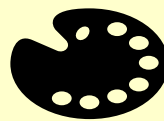
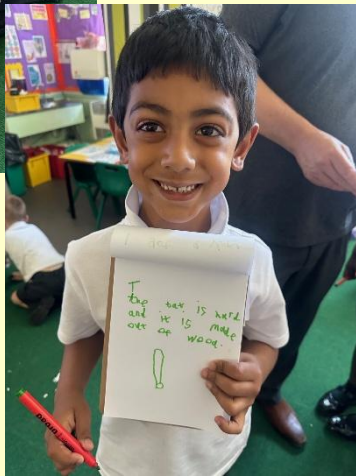
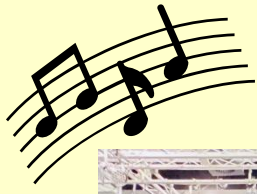
Cooking Club

Over this academic year a lot of children from KS1 and KS2 have had the opportunity to participate in cooking club. They have learnt a range of skills from cutting to piping. The children have thoroughly loved the sessions.

School Clubs

We are so lucky to have so many after-school clubs available to us! We have learnt new skills and our talents have shone through brightly! There are lots more photos on the school website...





Clubs outside of school



Congratulations to Ion and Cristina for their fantastic achievements at the LBBA Karate Competition!

Cristina put in a strong performance, proudly earning three silver medals across her events. Ion impressed with an outstanding display, winning three gold medals and earning the prestigious title of Grand Champion for the very first time.

We are incredibly proud of their dedication, skill and sportsmanship. Well done, Ion and Cristina!



A huge congratulations to Teja (5SC) who achieved 1st place in a recent cheer dance competition! Teja's talent and hard work have earned her an exciting opportunity — she will be heading to Florida next year to compete on an international stage!

We're incredibly proud of Teja and can't wait to see what she achieves next. Well done, Teja!



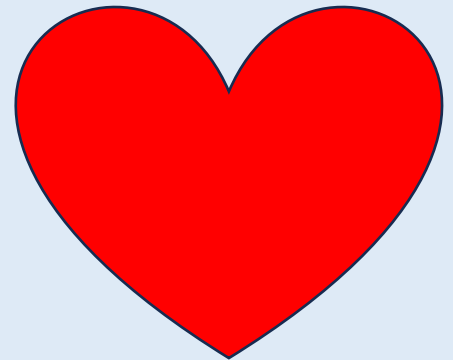
Congratulations to Musa and Muhammad on your great achievements in karate...



Reading Ambassadors



Thank you to the Year 6 Reading Ambassadors who have been giving up some of their lunchtime to help the younger children with their reading! You have done an amazing job and demonstrated how kind and helpful you are. ♥♥♥



This year's Marsh Green Reading ambassadors were...

Lydia	Presley	Emily	Rizwan	
Malik	Zakariya	Lily-Mae	Anastasia	Cristina
Ivy	Siji	Chearina	Israa	Younas
Bethany	Clayton	Roberto	Mario	Elijah
Gulhanim	Joseph	Crystal	Lily	Jordan

Library Ambassadors



And thank you to our library ambassadors who help keep it looking nice and tidy!

This year's Marsh Green Library ambassadors were...

Manal	Aroush	Kexin	Carter	Anika	
Tireni	Tijani	Mishal	Habeeb	Faaig	
Grace	Rayan	Evelina	Aracely	Ahmed	Kadaybannie



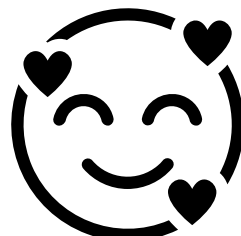
Sporting Champions!



Well done to all the children who took part in the Borough competitions this year!



Commitment Reward Day!



Thank you to all the children who gave up their own time at break time, lunch time, before or after school to represent Marsh Green and support its day to day running! We couldn't do it without you and you are all amazing!

August Calendar!

This month, we're encouraging you to find ways to 'spread kindness around the world'. This month's calendar is full of ideas and activities for you to try...

Altruistic August 2025

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

SATURDAY

SUNDAY

4 Ask someone how they feel and really listen to their reply

5 Spend time wishing for other people to be happy and well

6 Smile and be friendly to the people you see today

7 Give time to help a project or cause you care about

8 Make some tasty food for someone who will appreciate it

9 Thank someone you're grateful to and tell them why

10 Check in with someone who may be lonely or feeling anxious

11 Share an encouraging news story to inspire others

12 Contact a friend to let them know you're thinking of them

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



ACTION FOR HAPPINESS

Happier · Kinder · Together



Being altruistic means being kind and caring by helping others without expecting anything in return. It's like when you share your toys, help a friend who is sad or hold the door open for someone. Doing kind things like this doesn't just help other people—it also makes you feel good inside! When you're altruistic, it can make you feel happy, proud and more connected to your friends and family. Being kind and thoughtful helps everyone feel safe and loved, and that's good for your heart and your mind.

Send your photos into parentenquiry@marshgreen.bardaglea.org.uk showing us what you have tried!

Year 6 are Flying the Nest!

As you fly the Marsh Green nest don't be sad - be proud of who you are, the skills you have learnt and the positive attitude you have which will enable you to fulfil your dreams and more!



Let No-One Steal Your Dreams!

Let no-one steal your dreams
Let no-one tear apart
The burning of ambition
That fires the drive inside your heart.

Let no-one steal your dreams
Let no-one tell you that you can't
Let no-one hold you back
Let no-one tell you that you won't.

Set your sights and keep them fixed
Set your sights on high
Let no-one steal your dreams
Your only limit is the sky.

Let no-one steal your dreams
Follow your heart
Follow your soul
For only when you follow them
Will you feel truly whole.

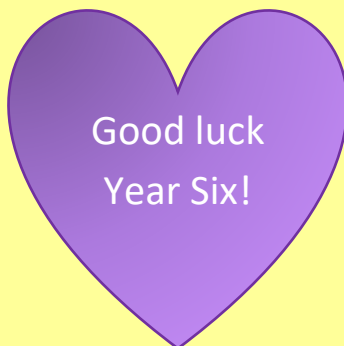
Set your signs and keep them fixed
Set your sights on high
Let no-one steal your dreams
Your only limit is the sky!

By Paul Cookson

Good Luck Year 6:

Yet another year has past and it's time to say goodbye. Year 6 NB, you have been a joy to teach. I am especially proud of the class you have become and the unity you demonstrate. You have all evolved in so many different ways. The greatest achievement, for me as a teacher, is knowing the kind of people you have become and will continue to be - anyone can do well in their learning, anyone can be a great artist, athlete, singer but not everyone can have the confidence to embrace the opportunities given to you and use them to help you become great! Please remember how far you have come, and when times are "tricky" remind yourself that you have the power to be whatever you want to be! Embrace all the opportunities that come your way and remember this - "The future belongs to those who believe in the beauty of their dreams."

Love Mrs Bell x



Dear Year 6

Wishing you all the best as you head off to your exciting new adventures in secondary school.

Keep being the kind, curious and hard-working individuals that you have all shown yourselves to be, during your time at Marsh Green.

Mr Fitzpatrick

Year 6 it has been a pleasure teaching you all this year. You have all worked extremely hard and you all should be proud of your efforts and outcomes.

It is now time for you to leave and I wish you every success as you transition to secondary school. Remember to try your best, never give up and be you.

You are all amazing and I will miss you all!

Love Miss Lynch



Hi Year 6,
Good luck in your new school, it's been lovely knowing you all. I'm going to miss you, you are a great bunch of kids!
Love Tina

To the Year 6's of 2025,
As you reach the end of your time at Marsh Green, I want to say how many of us have shared classrooms, lessons and lots of memorable moments over the years — and it's been a privilege to watch you grow into the young people you are today. Secondary school is your next big step and I have no doubt you're ready for the challenges and opportunities ahead. Take with you the resilience, kindness and determination you've shown here and keep pushing yourselves to do your best. Never look back with sadness, look back with fondness and appreciation. Your journey is only just beginning. Wishing you every success — you've got what it takes. Stay grounded, stay curious and stay true to yourselves. Love From Mr Cross

Dear Year Six,
I can hardly believe it's been eight years since some of you first walked through our nursery doors! It's been a joy to watch you grow, learn and become the amazing individuals you are today.
As you move on to your next chapter, remember to be brave, be bold and most importantly—be yourself. You are all brilliant, and I wish you nothing but happiness and success in everything you do.
You've been fantastic role models and we will miss you more than words can say.

With love,
Mrs Weekes xxx

Dear Year 6,
Always believe in yourselves, dream big and never forget how amazing you are!
With lots of love,
Mrs. Goko ✨💖 xxx

Dear Year 6,
As the memories of your journey through Marsh Green play out in my mind, I feel a little sad to watch you all leave. At the same time, I'm extremely proud to watch you take the next big step towards a happy, successful and bright future. Wishing you the very best always. Farewell and congratulations.
Mrs. Winkler x



You are the Class of 2025!
Never forget, even for just one moment, how truly amazing you are. You are the future - be creative, work hard and make it happen!
Good luck!
Love Mrs Sanchez xxx

I wish you all the very best on your onward journey. You have all worked so hard and should be proud of yourselves. You will all be missed. Good luck for the future. Mrs Kelly x

When you get a new teacher...

It's perfectly normal to feel a mix of emotions—excited, happy, nervous, anxious, a bit sad or even unsure. You might catch yourself thinking: *"But I really liked my old teacher,"* or *"I don't like change."*

Here are a few things to keep in mind:

- Your new teacher might be feeling a bit nervous too!
- Change can feel tricky at first, especially when you're leaving something you enjoy—but it can also bring fun, new experiences.
- You'll probably start to feel more comfortable with your new teacher after just a few days.
- Having different teachers throughout school makes learning more interesting and gives you the chance to try new things! 😊

When you meet your new teacher, try giving them a big smile and saying hello!

During the summer holidays, you could even write them a short letter to share a little about yourself and what you enjoy. It's a great way to help them get to know you!

Fundraising Week

Thank you to everyone who has supported our Summer Fundraising week – it is very much appreciated.



If you would like to help write articles or send in any photos of family fun and celebrations for the next newsletter please send them to

parentenquiry@marshgreen.bardaglea.org.uk

If you ever want to talk about anything please reach out to your family, friends or teachers at school. We are all here for you and you are never alone. ♥

Keeping Safe in the Sun!

Don't forget with all this lovely sunshine you need to look after yourself....

Apply suncream (& re-apply regularly!)



Wear a hat



Play & sit in the shade



Drink lots of water



Wishing you all a fantastic summer break filled with joy, rest and cherished time with family and friends. Stay safe, enjoy every moment and make some great memories at home.

We can't wait to welcome you back in September!
Warmest wishes,
The Marsh Green Primary School Team